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## Newport Hills Winter Swim Team

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“THE CONTENDERS!!”

IS YOUR SWIMMER NOT QUITE READY FOR  
PRIMETIME USA YEARROUND TRAINING?



JOIN NEW HEADCOACH MICHAEL MULLEN FOR A UNIQUE WINTER SWIMMING PROGRAM THAT EMPHASIZES TECHNIQUE AND STROKE WORK.

***REGISTRATION FOR SESSION I BEGINS SEPT. 14TH. IT IS NEVER TOO EARLY TO BEGIN TO GET READY FOR NEXT SUMMER'S SWIM TEAM.***

- DAYS & TIMES:*** Monday - Thursday 4:00 PM - 5:00 PM  
NOVICE: 5:00pm – 5:30 PM M & W or T & TH
- SESSION DATES:*** Session I: September 28<sup>th</sup> – January 28<sup>th</sup>  
Session II: February 1<sup>st</sup> – May 20<sup>th</sup>
- REGISTRATION FEE:*** Members - \$60.00 per Session, Novice \$45  
Non-members - \$300.00 per Session, Novice \$150

***WHAT YOU NEED:*** Everyone needs a proper fitting swimsuit. (Girls, make sure the straps don't slip off, and guys need trunks that are not too big!) Goggles are good to have, and if you have long hair, you must wear a swim cap.

All ages and ability levels are welcome to come and be a member of the awesome Newport Hills Sharks. All swimmers must have passed swim lesson Level V. If you are unsure of your abilities, please come to the first practice and the coach will be happy to evaluate you.

We also focus on team participation, personal goal setting, and good sportsmanship. Members of the team are **not** required to attend every practice, however, we would like to see everyone at least once a week.

The Novice program is for first time swimmers who are under the age of ten and have passed Level V swim lessons. They will be receiving extensive hands-on training at a less strenuous level. Maximum of 15 per practice group.

Swim Meets are held every 4 – 6 weeks. They are held on Sunday, usually starting at 9:00 AM and last until about Noon. Come join “The Contenders” for a wonderful winter swimming experience.